



Heritage Center

September/October 2014



A Recreation Center funded and operated by Murray City dedicated to enhancing the quality of life for adults age 55+

Heritage Center
#10 E. 6150 S.
Murray UT 84107
801-264-2635
heritage@murray.utah.gov
www.murray.utah.gov



Join the **Heritage Center** Team and **Walk to End Alzheimer's** on **Saturday, September 13** at 10:00AM at Murray Park. The route is 2 miles and donations are currently being accepted at the Heritage Center. Register alz.org/walk for the Heritage Center team.

Services Offered

- Arts & Crafts
-
- Cultural Programs
-
- Education
-
- Exercise
-
- Health Services
-
- Information & Referral
-
- Lunch Program
-
- Recreation
-
- Socialization
-
- Transportation
-
- Travel
-
- Volunteer Opportunities

Building Excellence—National Senior Center Accreditation

Congratulations and let's celebrate! The Heritage Center has received National Senior Center Accreditation from the National Institute of Senior Centers. We are one of three Senior Centers currently accredited in the state of Utah.

An **Open House** and celebration has been planned on **Mon., Sept. 8** from 5:00-8:00 PM. Invite family & friends as we celebrate National Senior Center Month and National Accreditation.

Schedule of Events

5:00-8:00 Open House & "My Collection" displays

5:00-7:00 Rib Dinner - \$6 per person or \$20 for a family of four

5:30—Rosie & Friends entertain

6:30—Accreditation Recognition

6:45—Prizes awarded to Senior Passport Participants

7:00—The Time Cruisers Entertain

All ages are welcome—invite family & friends!



The Quilt in the lobby will be given away on September 8. Do you have your ticket yet? The cost is \$1 per ticket or \$5 for six tickets. All proceeds will go to Heritage Center Programs and Services. Thank you & good luck!



Oktoberfest—Thursday, October 23

Sign ups begin on September 25

More information on page 11.



Advertisements

The Heritage Newsletter accepts sponsors who are eager to convey their message to our audience and to support production of this publication. Camera-ready copy is required and must be received by the 10th of the month preceding publication. Rates based on a one issue insert: \$200 full page, \$250 back page, \$100 half page, \$50 1/4 page, \$25 1/8 page. Multi-issue discounts are available. Call or email the Center Director for more information. 801-284-4237 sgregory@murray.utah.gov

The Heritage Center assumes no liability nor takes any responsibility for the products and/or services offered through the Newsletter. In addition, copy accepted for publication does not involve or imply endorsement on the part of the Heritage Center. Personal notices for participants are charged the rate of 50¢ per line per issue.

Newsletter—Notary—Gift Certificates—Credit Cards

This **Newsletter** is produced monthly by the Heritage Center staff and is available to Center participants. It is emailed each month to those who have a current participant card and have provided an email address, available to pick up at the Center, online at www.murray.utah.gov or mailed to your home with an \$18 yearly subscription fee. Donations are appreciated for the copies picked up at the Center and the suggested donation is \$.75 per issue.

Susan Gregory, Heritage Director, is a **Notary** and available to sign documents that need to be notarized. Susan is not always available so appointments are encouraged.

The Center accepts all major **Credit Cards** for activity payments. Credit cards may be used to make reservations for classes and activities over the phone or in person.

Gift Certificates are available for Center Programs. If family or friends need gift ideas, tell them about Center gift certificates!

Special Accommodations

Persons needing special accommodations to participate in activities at the Center are requested to inquire at the front desk. The Center will make every effort to assist hearing, vision, or physically impaired participants if notified at least three working days in advance of the need.

Murray City Administration & Heritage Staff

Mayor — Ted Eyre

Public Services Director— Doug Hill

City Council:

Dave Nicponski, District #1

Blair Camp, District #2

Jim Brass, District #3

Diane Turner, District #4

Brett Hales, District #5

Heritage Staff

Director — Susan H. Gregory

Program Coordinators — Maureen Gallagher & Wayne Oberg

Secretary — April Callaway

Receptionist — Mary Hall

Ceramics — Cindy Mangone

Meals Supervisor — Calli Johnson

Meals Asst. — Charlotte Johnson

Dishwasher — Eric Fredrickson

Custodian — Don Smith

Vehicle Driver — Robert Himes & Lee Crosby

Building Attendant — Pete Wright

Heritage Advisory Board

Judy Baxendale, Brenda Clausen, Charlotte Cox, Kathy Houston, Jenny Martin, Erich Mille, Greg Waldron, Pete Wright, Rod Young

Scholarship Program

In an effort to enable all senior adults access to Center programs, activities, and meals at the Heritage Center regardless of their ability to pay for services, a Heritage Center Scholarship program is available. The scholarship provides \$70 per month to an individual to help pay for Center activities. The program is made possible by donations. In order to be eligible you must prove a financial need and meet certain criteria. Applications are available at the front desk or see the Center Director.

Fit to a T

The Center is pleased to announce that Fit to a T will be offered on **Tuesday, September 16 at 10:30**. Fit to a T is a public educational program on bone health and osteoporosis. This program is relevant to both men and women. *The goal is teaching people the necessary steps to prevent or slow down bone disease before you break a bone.* In addition, this program teaches people about making life-style changes if they have had a broken bone, and helps decrease their risk of another fracture. This is a free class, sign up now.

Poetry Time

There will be a new class starting at the Center, **Poetry Time**. The class starts on **Thursday, September 18 at 7:00 PM** and runs through **Thursday, October 23**. If you have ever wanted to learn how to write poetry, better understand poetry, or just have some fun with words, this is the class for you. Bob Bader, local poetry author is passionate about poetry, and wants to share his skills with you. Here is some background on Bob. He has been writing poetry for the last 20 years and joined the UTSPS Society (Utah State Poetry Society) 6 years ago in an effort to connect with fellow poets. He enjoys writing poems and sharing his knowledge. It is a creative activity that is truly rewarding. This is a free class, sign up now.

Age Related Macular Degeneration

The Center is pleased to present a class dealing with issues involving Age-related Macular Degeneration **Tuesday, September 30 at 10:30**. The Eye Matter Ambassador Program, a Power-Point presentation is sponsored by Regeneron Pharmaceuticals, Inc. The presentation of a Patient Ambassador's experience offers an overview of Age-related Macular Degeneration (AMD), and allows time for questions and answers. Regeneron has a team of Medical Specialists who have gone through extensive training in order to present this program. They will be accompanying our Patient Ambassadors who will share their stories of living with wet AMD. This program is intended to educate the elderly on wet AMD and the importance of scheduling eye exams with their ophthalmologist. This is a free class, sign up now.

Vital Aging—September & October

Tuesday, September 23 at 10:30 we will present a new wellness class called: **Join the Voices for Recovery: It's worth it!** National Recovery Month is an annual observance to help educate Americans about substance abuse treatment and mental health services. Recovery month spreads the positive message that behavioral health is essential to overall health, prevention works, treatment is effective and that people can and do recover. Come learn how to simplify your life, anticipate and cope with challenges that may arise, and keep communication open. Join Tifani of the Vital Aging Project to learn more about National Recovery month.

On **Tuesday, October 28 at 10:30** our wellness class will be: **"Maintaining a Healthy Mind, Body, and Soul."** Coping with changes in life can be challenging. However, establishing a health and wellness plan can help you stay independent and enjoy an enduring quality of life. If you would like to investigate how to maintain a healthy mind, body and soul and stay motivated when making new lifestyle choices, please sign up for this free class. Tifani will be at the Center at 10:00 just before these 10:30 classes if anyone would like to visit with her regarding any problems or issues you may be having in your life. This is a free class sign up now.

Dance Lessons

The Center is offering a new Dance Lesson class on **Monday, September 29 at 1:00 – 2:00**. This dance class will include three sessions Monday, September 29, Monday, October 6 and Monday, October 13 1:00 – 2:00. Imagine yourself dancing the Waltz, Foxtrot, or Rumba. Classes are for beginning level dancers – no prior experience required. You just need the desire to learn something new. Dance lessons will be taught by Kyle and Jackie Kidd from Bountiful, Utah. **Sign up is required for these classes. You must have a dance partner to participate.** These classes are free, sign up now.



Painting Class

A new six-week session of painting class starts **Wednesday, September 17 and runs through October 22**. The cost is \$30 and payment is needed in advance. Teri Wood-Elegante is the instructor. Teri has trained under some of the best masters in watercolors. She also will be teaching oil. Sign up now.

Chakra Meditation

Starting **Monday, September 29 at 10:30** Barbara Battison, Massage Therapist, Energy Body Worker, and Reiki Master, will start a new session of the Chakra Meditation class. The class will be held every Monday for 8 weeks thru November 17. The cost is \$20 for all 8 classes or \$3 per class. You can attend a single class, several sessions, or the entire 8 weeks. Barbara will present in-depth information about how Chakra and Meditation works. She will have handouts each week to help you gain an understanding in the working of your Chakras. She will begin with some education and then use the meditation portion of the class to activate the Chakras. Sign up now.

Murray Library

eBooks and eAudiobooks

The Murray Library is coming to the Center on **Wed., Sep. 17** from **10:00-11:30** to issue Library cards and answer questions about what the Library can do for you. Just bring your picture ID and proof of address to get signed up. Then, on **Tues., Sept. 30** from **10:30-11:30**, bring your eReaders, tablets, and smartphones to the computer lab to learn how to check out free eBooks and eAudiobooks from the library. Compatible devices include Kindle, Kindle Fire, Nook, iPad, iPhone, iPod, and Android phones and tablets. Visit the Library at 166 E. 5300 S. in Murray or online at murraylibrary.org, or call 801-264-2580.

Fall Prevention

September is National Fall Prevention month. The Center is happy to present two classes that will highlight different ways to prevent falls. They are free classes, sign up now.

On **Wednesday, September 17 at 10:30** Sean Gibson, Physical Therapist, will be at the Center to discuss issues regarding falls.

On **Friday, September 19 at 10:30** a professor from the University of Utah will present a class on Home Safety, falls at home are a common issue as we age. This presentation will be about identifying home hazards that may contribute to falls and taking measures to prevent potential problems. Jeanette Koski, MSOTR/I will be presenting information on typical home environment risks and sharing information about equipment and techniques which can be used to minimize the risk of falling. Information on energy conservation, adaptive equipment, and home modification will be presented. This will also be an interactive presentation so be prepared to share information about your home environment so that personalized recommendations can be made.

One in three seniors aged 65+ falls each year, and this number increases to one in two by the age of 80. Falls are the number one cause of injury-related death. Eight people are hospitalized due to injuries from a fall every day. Ten are hospitalized or die from a fall-related traumatic brain injury (TBI) every week. Falls are **NOT** a normal part of aging. The number of falls can be substantially reduced through evidence-based interventions, life-style changes, and community partnership. Come and learn how you can prevent falls.

New Spanish Class

A six-week conversational Spanish class for anyone wanting to improve their Spanish skills begins **Friday, September 26 at 10:00 -12:00** and will run through **Friday, October 31**. Cost of the class is \$25 in addition you will need a course book, which you can purchase at the front desk for \$12 when you register.

New and advanced students are welcome. We are surrounded by Spanish speaking people, learning basic Spanish skills may help you communicate better with your neighbors, merchants, or travel. Mercedes Perez, our new Spanish teacher, is an experienced Spanish instructor who will help you build and improve your skills. Sign up now.

Private & Group Computer Class

The computer lab has 6 personal computers running Microsoft Windows 7 and one with Windows 8. Computers are available any time a group class is not being held. The Center also has an iPad for check-out to use while at the Center if you'd like to try out a tablet. There is no charge to use the computers but printing is 5¢ per page and users must sign-in and list the computer they are using.



Currently private help is available for one hour and the cost is \$3. A one day cancellation notice is needed for a refund. See the front desk for a schedule of times and instructors.

Group classes scheduled include: **Email Tips**—Tues., Thurs., 4 sessions, Sept. 16, 18, 23, 25 from 1:00-2:15. Cost is \$10. Must have a current email you are using. Come and learn tips on opening attachments, sending attachments, junk mail and more with instructor Ann Elwood. **BASIC I Class**—Tues., Thurs., 5 sessions, Oct. 2, 7, 9, 14, 16 from 1:00-2:30. Cost is \$15. Must have basic mouse skills. Learn about Windows and Word Processing plus a session just for your questions with instructor Ann Elwood.

Non-Surgical Approaches to Joint Pain

The Center is pleased to present a class on Non-Surgical Approaches to Joint Pain on **Tuesday, October 21 at 10:30**. Two local physicians will be presenting this information. They will discuss the definition of arthritis, how it is diagnosed and several non-surgical options for treating joint pain. Treatments discussed will include: nutritional support, oral medications, steroids, and viscosupplementation (the chicken comb' cartilage injection). They will also discuss the need for surgical correction when it is the only option left for relief of joint pain. There will be time for specific questions. Discussion will include joints of the: hands, elbows, shoulders, feet, ankles, knees, and hips. Dr. Nielsen and Dr. Cory Nelson are Sports and Orthopedic physicians. This is a free class sign up now.

Mark your calendar for **Thursday, November 6** from **9:00-11:00** when the IHC Lab will do BLOOD TESTING. The cost is \$35 and Appointments are needed and made starting October 23.

Bereavement Support Group

The Center is pleased to announce a new class, Bereavement Support Group, taught by licensed counselors and community educators on **Tuesday, October 14 at 12:30**. The Bereavement support group will be held once a month. The support group is intended to assist those individuals and families who have lost a loved one recently, or in the recent past. On occasion, there may be someone who has lost a loved one some time ago but is still grieving and feeling a need for further assistance. Through the group, we hope to create an atmosphere of trust and support in helping participants realize a sense of relief. Although you may not have suffered the loss of a loved one, you may be experiencing a loss of health, friendship, support, ability or mobility. Our hope is that this support group will assist everyone in understanding the process of loss and the discovery of support in guiding them to a healthier lifestyle. The support group process is designed to assist participants and families in recognizing their grief, voice their sorrows, and ultimately befriend their grief. Recognizing your grief and welcoming the process of grieving will bring relief and hope to those attending. There will be interactive discussions, opportunities for feedback and sharing that will ultimately assist you and other participants in finding answers to your questions and concerns. This class will be taught by licensed counselors and community educators. Serenity Funeral Home is sponsoring these classes. This is a free class sign up now.

Basic Medicare Supplement Class

On **Thursday, October 30 at 10:30**, Troy Stover, Consumer Service Analyst, Utah Insurance Dept. Health Division, will be at the Center to offer a presentation on Medicare Supplement Plans (also known as Medigap plans). He will also be speaking about agents and what agents can and cannot do when selling these types of policies to seniors. Open Enrollment for 2015 starts October 15 and runs until December 7. This is the time that you can purchase or change Advantage Care plans. You may be just turning 65 this year and have a myriad of questions about Medicare, Medigap, or Part D-prescription plans. If so, this is the class for you. *Mr. Stover does not sell anything he only educates you on the best ways to handle your Medicare needs.* This is a free class, sign up now.

Volunteer of the Month—Sandra Jones

Sandra Jones was born in Chicago, IL in October of 1947. Her mother, Lucylle, was from Chicago, and her father, Leo, was from Utah. They met at a servicemen's center in Chicago, and after the war, married in Oakland, CA. She was born a couple of years later. When she was 2, her family moved around a bit, but eventually settled in Salt Lake. She met her husband, Denis, at a local bridge club, and they have been married since 1990. Denis and Sandra currently have 2 grandchildren, who reside in Texas with Sandra's stepson and his wife.

Sandra blames both of her parents for the path she would follow into adulthood. As a young child, Sandra was terrified of bugs, screaming when one crawled on her. In order to help her overcome her fears, Lucylle would hold box elder bugs, sow bugs, etc. in her hand and show Sandra that they were nothing to fear. Soon Sandra began putting bugs in her pockets, purses, and toys. What fun mom had on laundry day!



Growing up, Sandra's family would go to the local canyons for picnics, and her father would fish, and teach them a little biology and geology along the way. By then, Sandra had a younger brother. They learned to catch fish, kill and clean them, and then had the ultimate pleasure of eating them.

Sandra's interest in the living world eventually led her from Granite High School to the University of Utah, where she majored in Biology. She taught junior high science in the Jordan School District for a few years, then returned to the U of U where she completed a Master's Degree in Health Science and Educational Administration. After nine years in junior high, she moved to high school, and taught Biology, Anatomy & Physiology, and Health for the next 21 years. Sandra retired in 1999 after 30 years in the classroom.

One of Sandra's passions has always been sewing. Her mother was quite a seamstress, and she taught her to sew when she was young. She joined a 4-H club, and participated in sewing projects which were entered in the Salt Lake County Fair. After she began teaching, sewing became Sandra's 'therapy' after a long day in the classroom. She is currently teaching sewing machine owner's classes at a local dealership.

While teaching, Sandra met many wonderful teachers and staff who introduced her to golf. Although she tried, she was not athletic, but golf was a perfect fit for her less than athletic skills. It is something that she has come to love, and she plays as often as possible. When Sandra turned 55, she joined the Heritage Golf Program, and has served on the Golf Committee for several years. She has met so many wonderful people in this league, and at the Heritage Center, where she attends with her mother Lucylle, and looks forward to spending many more years as a part of our programs and activities. Sandra will be honored at the Golf Banquet on October 6. Thank you for helping make the golf program such a success!

Volunteers Needed

The Heritage Center utilizes the help of over 80 volunteers on a regular basis. Thank you volunteers! Volunteers work in just about every facet of Center operations from answering phones to calling bingo to teaching classes. We love our volunteers! If you would like to join the volunteer force, see any staff member to set up an appointment for a short volunteer interview. During the interview, we can find out what your interests are and let you know where we are looking for volunteers. We will try to match you up with interest, skills and needs. We are currently looking for volunteers in some of the following areas:

Kitchen—run automatic dishwashers on Thursdays from 12:00 noon—2:00 p.m. See Calli.

Front Desk—assist by greeting people, answering phones and working on special projects. See April.

Bingo Caller—call bingo on Wednesday or Friday from 12:45-2:00. See Wayne

Mini Bus Driver—in 2015 when the new vehicle arrives, drivers are needed for regular pick up to and from the Center as well as weekly trips. See Susan



Massage Therapy

Massage Therapy continues on **Fridays** from **11:45-3:45**. Appointments are required and can be made up to four weeks ahead of time. The cost is \$9 for fifteen minutes, \$18 for a half hour, and \$36 for an hour. Payment is due when you make the appointment. If you cannot make your scheduled appointment time, cancellations must be



made 24 hours in advance for a refund. Thelma L. Baker is a licensed massage therapist specializing in therapeutic massages. You can choose from a hand massage, a foot massage, a seated neck and back massage, or a full body massage. If you have a more specific request, please ask Thelma. She may be able to accommodate you.

Barber Shop is Open



The Center offers haircuts for men and women on **Tuesday** mornings from **9:00 to noon**. The cost of this service is \$8. Only haircuts and trims are being offered at this time. The barber is Jocelyn Anderson.

Haircuts are scheduled by appointment, every 20 minutes, starting at 9:00. Appointments and payment are required in advance. Cancellations need to be made 24 hours in advance for a refund.

Toenail Clipping

Dr. Scott Shelton, a local Podiatrist, will be at the Center on **Thursday, October 16 from 9:30 - 12:00** to provide toenail clippings and routine foot screenings. The **cost is \$10** and advance payment is required. Sign up now. *Dr. Shelton is unable to provide services for people who are diabetic or on anti-clotting agents such as Coumadin.*

Flu & Pneumonia Shot

Community Nursing Services will be at the Center on **Tuesday, October 7 from 10:00 -12:00**. You will be able to choose the regular Influenza Vaccine (Trivalent three strain), or High Dose (for over 65), and Pneumonia shots. The best time to come on flu shot day is NOT at the very beginning. You **MUST** bring with you: Your Medicare card (and have Part B) and photo ID. Community Nursing Services is contracted to directly bill the following insurances: Aetna, Altius, Ameriben, Blue Cross, Direct Care Administrators, DMBA, Educators Mutual, GEHA, Meritain, PEHP, Select Health, UMR, United Health Care, University of Utah, CHIP, Medicare part B, and some Medicare Advantage plans. If you don't have insurance, the regular shot is \$25 and High Dose is \$50. Both are covered by Medicare Part B with no co-pay. The Pneumonia shot will also cost \$50 without a qualifying plan.

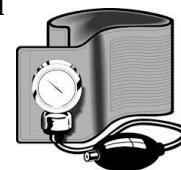
Attorney Consultation

An attorney will be available for free 20 minute legal consultations on **Tuesday, Sept. 9** or **Tuesday, Oct. 14** from **11:00-1:00**. Appointments are needed and are made at the front desk. Senior Center Legal Clinics are a pro-bono program sponsored by the Utah State Bar Committee of Law and Aging. Volunteer lawyers will consult with you, advise you, or attempt to refer you to other sources of help but they will not attempt to represent you.

Blood Pressure

Blood pressure and glucose screening is offered on the following days:

Thurs., Sept. 4, Friday, Sept. 19, Thurs. October 2 and Friday, Oct. 17. All screenings are from 11:00-12:00.



Thank you to Harmony Home Health and Salt Lake Community College nursing students for providing the service each month.

What do you Collect?

The Center is creating a display of favorite collections at the Open House on **Monday, September 8**.

Would you like to share some of your prized collection that took you 50 years to obtain? Maybe you just started your collection a few years ago. Is it Salt & Pepper Shakers, Dolls, Maps, Banks, Spoons...? Share your display with us at the Open House in honor of National Senior Center month.



September 2014 Heritage Center Events

Heritage
Center

#10 E. 6150 S.

(West of State)

801-264-2635

www.murray.utah.gov

heritage@murray.utah.gov

We are here to
serve you

Monday-Friday

8:00-4:30 and

Thursday until
10:00 PM

Monday	Tuesday
<div>1</div> 	<div>2</div> 8:30 Ceramics 9:00 Stretch / Haircuts 9:30 Line Dancing 10:30 Tai Chi 11:00 Canasta 11:30 - 12:30 Lunch 12:00 Exercise Help 12:45 Crafts 2:00 Beginning Line Dancing
<div>8</div> 8:30 Gladstan Golf 9:00 NIA 10:30 Meditation 11:00 Bridge Lessons 12:30 Ladies Pool 1:00 Movie—Unfinished Song/Comedy 2:00 Strength Conditioning 5:00 Open House 7:00 Family Concert—The Time Cruisers	<div>9</div> 8:30 Ceramics 9:00 Stretch / Haircuts 9:30 Line Dancing 10:30 Tai Chi 11:00 Attorney 11:00 Canasta 11:30-12:30 Lunch 12:00 Exercise Help 12:45 Crafts 2:00 Beginning Line Dancing
<div>15</div> 9:00 NIA 9:00 Computer Help 10:30 Meditation 11:00 Bridge Lessons 12:30 Ladies Pool 1:00 Movie—Captain America 2 2:00 Strength Conditioning	<div>16</div> 8:30 Ceramics 9:00 Stretch / Haircuts 9:30 Line Dancing 10:00 Frontrunner to Ogden 10:30 Tai Chi 10:30 Fit To A T 11:00 Canasta 11:30-12:30 Lunch 12:00 Exercise Help / Medicare Help 12:45 Crafts / 1:00 Email Class 2:00 Beginning Line Dancing
<div>22</div> 8:30 Meadowbrook Golf 9:00 NIA 9:00 Computer Help 10:30 Meditation 11:00 Bridge Lessons 12:30 Ladies Pool 1:00 Movie—Heaven is For Real/Drama 2:00 Strength Conditioning	<div>23</div> 8:30 Ceramics 9:00 Stretch / Haircuts 9:30 Line Dancing 10:30 Tai Chi 10:30 Vital Aging 11:00 Canasta 11:30-12:30 Lunch 12:00 Exercise Help 12:45 Crafts / 1:00 Email Class 2:00 Beginning Line Dancing
<div>29</div> 9:00 NIA / Computer Help 10:30 Meditation 11:00 Bridge Lessons / 12:30 Ladies Pool 1:00 Movie—Jack Ryan Shadow Recruit 1:00 Dance Lessons 2:00 Strength Conditioning	<div>30</div> 8:30 Ceramics 9:00 Stretch / Haircuts 9:30 Line Dancing / 10:30 Tai Chi 10:30 Macular Degeneration Class 10:30 Library E-books 11:00 Canasta 11:30-12:30 Lunch 12:00 Exercise Help 12:45 Crafts 2:00 Beginning Line Dancing

Wednesday		Thursday		Friday	
9:00 Painting 9:15 Pinochle 10:00 Yoga 11:15 Chair A'Robics 11:30-12:30 Birthday Lunch 12:45 Bingo 1:00 Bridge	3	8:30 Ceramics 9:00 Stretch & Tone 9:00 Pickle Ball 10:30 Tai Chi 11:00 Blood Pressure/Glucose 11:30-12:30 Lunch 12:00 Exercise Help 12:30 Game Day 1:00 Computer Help 2:00 Strength Conditioning 7:00 Dance	4	9:00 Zumba 10:00 Yoga 11:00 Greek Festival 11:15 Chair A'Robics 11:30-12:30 Lunch 11:45 Massage 12:45 Bingo 1:00 Bridge	5
9:00 Painting 9:15 Pinochle 10:00 Yoga 11:15 Chair A'Robics 11:30-12:30 Lunch 12:45 Bingo 1:00 Bridge	10	8:30 Ceramics 9:00 Stretch & Tone / Pickleball 10:30 Tai Chi 11:30-12:30 Lunch 12:00 Exercise Help 12:30 Game Day 1:00 Computer Help 2:00 Strength Conditioning 3:30 Jam Session 7:00 Dance / Ute RC	11	9:00 Zumba 10:00 Yoga 11:15 Chair A'Robics 11:30-12:30 Lunch 11:45 Massage 12:45 Bingo 1:00 Bridge Don't forget the walk to end Alzheimer's in Murray Park tomorrow (Saturday) at 10:00 AM	12
9:00 Painting 9:15 Pinochle 10:00 Yoga 10:00 Murray Library Cards 10:30 Fall Prevention 11:15 Chair A'Robics 11:30-12:30 Lunch 12:45 Bingo 1:00 Bridge	17	8:30 Ceramics 9:00 Stretch & Tone / Pickleball 10:30 Tai Chi 11:30-12:30 Lunch 12:00 Exercise Help 12:30 Game Day 12:45 Happy Hats 1:00 Email Class 2:00 Strength Conditioning 7:00 Dance/ Poetry Class	18	9:00 Zumba 10:00 Yoga 10:30 Home Safety Class 11:00 Blood Pressure/Glucose 11:15 Chair A'Robics 11:30-12:30 Lunch 11:45 Massage 12:45 Bingo 1:00 Bridge	19
9:00 Painting 9:15 Pinochle 10:00 Yoga 11:15 Chair A'Robics 11:30-12:30 Lunch 12:45 Bingo 1:00 Bridge	24	8:30 Ceramics 9:00 Stretch & Tone /Pickleball 10:30 Tai Chi 11:30 Brighton Silver Lake 11:30-12:30 Lunch 12:00 Exercise Help 12:30 Game Day 1:00 Email Class 2:00 Strength Conditioning 7:00 Dance/ Poetry Class	25	9:00 Zumba 10:00 Spanish 10:00 Yoga 10:00 Candidate Day 11:15 Chair A'Robics 11:30-12:30 Lunch 11:45 Massage 12:45 Bingo 1:00 Bridge	26

Billiard Room

Pool tables, indoor shuffleboard, and table tennis are available for your recreational enjoyment during the Center's hours of operation. Visit the pool room at the east end of the building where this equipment is located.

Cards

Pinochle—Wednesday at 9:15

Pinochle tournaments are held on Wednesday mornings at 9:15. Players must check in no later than 9:00. No advance sign-up is required. The cost is \$2 and is paid tournament day. Copies of tournament rules are posted on the bulletin board.



Bridge—Monday at 11:00, Wednesday & Friday at 1:00

Informal Bridge play (Chicago/Party) is held on Monday at 11:00 and Wednesday and Friday afternoons from 1:00-4:00. Some players arrive early to practice and start finding first-round partners. If an even number of players are not available when the play begins then the last person to arrive will be rotated in or three handed bridge will be played if needed. Copies of the bridge play guidelines are posted on the bulletin board in the card room.

Canasta—Tuesday 11:00-2:30

Canasta is played on Tuesday from 11:00 to 2:30 with a break at noon for the Center's lunch. Beginners are welcome, all games are free and anyone can join in on the fun.

Game Day

Make new friends and learn a new game every **Thursday at 12:30** in the card room. Volunteers will bring their favorite games, like dominos, Mexican Train and Rummikub and teach you how to play.

Birthday Wednesday — Sept. 3 & October 1



Celebrate your birthday on the **first Wednesday** of the month and you could win a free lunch. The lunch is on us if you're turning 60, 70, 80, 90, 100 this month — just tell the person collecting the money you've hit a decade and Happy Birthday!

Bingo

Bingo is played every **Wednesday and Friday at 12:45**. Bingo is free (donations appreciated) and winners receive a \$5 gift certificate to Smith's Grocery or Village Inn Restaurant. A special Thank You to Village Inn for donating a pie each week for the elimination game and Jenkins-Soffe for sponsoring Bingo on the 1st Friday of each month.

In order to offer the same quality prizes and games of Bingo, we are suggesting the following donation amounts: \$1 for 1-3 cards played, \$2 for 4-6 cards played.

Line Dancing

Enjoy some great exercise, stimulate your brain, and meet friends. Line dancing is held on **Tuesday at 9:30** for all dancers and **Tuesday afternoon at 2:00** for beginners. The cost is \$1.50 and is paid the day of class and placed in the box on the stage. The instructor is Shirlene Lundskog.

Special Bingo and Halloween Costume Contest

Come celebrate Halloween with a special Bingo on **Friday, October 31**.



Prizes sponsored by Jenkins-Soffe Mortuary. Come dressed in your favorite Halloween costume and win a prize. Our Pen Pal class from Liberty Elementary School will parade in their costumes. Bingo begins at 12:45.

Happy Hatters



The Heritage Center Red Hat Society chapter meetings are held on the **1st Thursday** of each month at **12:45** to play BUNCO and on the **3rd Thursday** at **12:45** to play Hand & Foot. Upcoming meetings are Sept. 18 and Oct. 2 & 16. **September 4** is the annual picnic & social at Murray Park Pavilion 2. Join us for food and fun. Kathleen Sorenson is the Queen Bee.

Golf Season in Full Swing!



Golf tournaments are for those 55+ who have attained a basic level of golf skill allowing them to compete in 18 holes of play at a pace comparable to the 100 or more players who will participate in each tournament. Fees for each tournament include green fees, electric cart, and prizes. A one time registration fee of \$7 is to be paid when registering for the first tournament played. The data below reflects the date of play, shotgun start time, course to be played. All tournament fees must be paid at least 10 days in advance.

September 8—Gladstan at 8:30

September 22—Meadowbrook at 8:30

October 6—Banquet at Heritage Center at 5:00

*Pickleball—here on Thursdays 9-11

Pickleball is the most exciting sport sweeping the country. Part tennis, part badminton, but loads of fun. This racquet sport is played on a 20'x40' court that limits the amount of mobility required to play the game.

Learn how to play Pickleball at the Center every **Thursday** from **9:00-11:00** in the dining room.

Drop in play will resume in September every **Tuesday and Thursday from 8—12 pm at the Park Center in Murray Park**.

Play is free with a Park Center membership or you can purchase a punch pass for 6 visits at \$25. All equipment is provided. Use your Silver Sneakers membership to try out the program for the first time.

PICKLEBALL



Part tennis and part

Oktoberfest—October 23



The Center is pleased to announce our annual Oktoberfest is on **Thursday, October 23 from 11:00 - 1:30**. Registration for this event begins on Thursday, September 25. The cost is \$8 and includes lunch and entertainment by the Salzburger Echo band. Purchase all or any portion of a table (8 seats) when you buy your ticket and let the desk know if you would like Chicken or Bratwurst for lunch. This party has been sold out every year since 1989. Do not delay in purchasing your tickets or group table. Register early, seating is limited and tickets go quickly.

The **Salzburger Echo** band brings music of the Alps to the Center featuring Old World Folk and traditional music from Germany, Austria, and Switzerland. Dressed in regional costumes and playing instruments, such as Swiss cowbell and the twelve-foot alphorn, they are always entertaining.

Brunch Café Thank You

The Center wants to say "Thank You" to all the volunteers and participants that helped make this summer's Brunch a success. Without our faithful volunteers we would not be able to enjoy such a tasty Brunch. Thank you to Calli for all her help with the Brunch it is a huge undertaking each week. Thank you volunteers: Richard Espinoza, Dottie McLean, Sue Benton, Adam Schweitzer, Jaycie Haroldson, Vickie Mower, Select Health Employees, Rosie Marin, Jonell Ponciroli, Heritage Center Jam group, and Leda Wright (*flowers on the patio*).

Monday Movies — Showtime is 1:00 — movie and popcorn are free

Sept. 8-Unfinished Song-2012-93 minutes-Comedy

Sept. 15-CaptainAmerica 2—136 min. Action

Sept. 22-Heaven is For Real-2014-99 minutes-Drama

Sept. 29-Jack Ryan Shadow Recruit-2014—Action

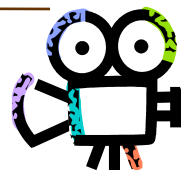


Oct. 6-Bears-2014-79 minutes-Documentary

Oct. 13-Amazing Spiderman 2-2014-142 minutes-Action

Oct. 20-Blended-2014-117minutes-Comedy

Oct 27-The Fault in Our Stars-2014-126 minutes-Drama



Ladies Pool



On **Mondays at 12:30** a small group of women meet in the pool room to play pool. They would like to extend an invitation to any women that would like to join the pool group, maybe you played in the past, would like to refresh your skills, or just come and meet some new people.

Ceramics

The ceramic class operates on **Tuesday and Thursday from 8:30-12:00** and contains all the supplies and equipment you will need to produce knickknacks, works of art, and functional pieces such as plates and bowls. The instructor, Cindy Mangone, has information for the beginner to advanced student. The cost to participate is \$1.50 each time you attend plus supplies.

Craft Day

A small group of students from past craft classes meet on **Tuesday afternoons as 12:45** to share their skills and knowledge and chat about things that are important in their lives. Newcomers are welcome. Bring your projects to share.

Newsletters



Newsletters are available at the front desk (75¢ donation), online at www.murray.utah.gov, emailed to those who have an active participant card and have provided an email address, or a yearly subscription for \$18 can be purchased and the newsletter will be mailed to your home.

Wii Available

We have a large screen television set up with a Wii Sports Package which offers games like bowling, tennis, or golf. Wii is a great way of staying in shape while playing a fun game on the TV. Please check at the front desk if you are interested in using our Wii.



Pick up your 20% senior discount cards at the front desk for any Chuck-A-Rama restaurant. The cost is \$1 and Chuck-A-Rama gives the Center all of the proceeds.

The Center has received \$600 this year from the cards. Thank you Chuck-A-Rama and those who purchase the cards!

Birthday Lunch—Thank You Raeanne Stranc

The Center would like to extend a great big “thank you” to Raeanne Stranc for providing birthday cake and ice cream the last several months (June, July, August & September.) Raeanne is a Professional Senior Real Estate Specialist with Equity Real Estate. She is not your typical real estate agent, as she specializes in consulting clients 50+ with the next phase of their lives, whether it is selling and downsizing, or trying to figure out how to age in place. She is dedicated to helping seniors sell their homes in the most effective way possible and with a marketing plan tailored for her client’s specific needs. Her passion for this field comes from her own experiences with helping her mother-in-law and parents through their real estate and downsizing transitions. She has an understanding of Federal laws and the Housing for Older Person Act (HOPA), sensitivity to 50+ issues and priorities, the devotion to provide reputable services that win and sustain trusting clients and customer relationships, knowledge of the uses, benefits, procedures, and issues involved in reverse mortgages, education regarding the uses of pensions, 401 accounts, and IRAs in real estate transactions, and how Medicare, Medicaid, and Social Security impacts real estate decisions. Raeanne has a team of specialists in their fields to help in making any transition easier. Her team includes: estate lawyers/planners, tax specialists, financial planners, organizers, estate sales companies, handymen, home health companies, and reverse mortgage consultants. If you want to visit with Raeanne, she is available on the first Wednesday of every month while she is serving cake and ice cream. For more information or a private consultation, call Raeanne Stranc at 801-888- 4525.



Exercise every day...

NIA

Monday 9:00-10:00

\$10 per month, punch pass, or \$3

STRENGTH CONDITIONING

Monday & Thursday 2:00-3:00

\$15 per month, punch pass, or \$3

STRETCH & TONE

Tuesday & Thursday 9:00-10:00

\$15 per month, punch pass, or \$3

TAI CHI

Tuesday & Thursday 10:30-11:30

\$15 per month, punch pass or \$3

LINE DANCING—\$1.50 per class

Tuesday 9:30-11:00—Everyone

Tuesday 2:00-3:00—Beginners

CHAIR AEROBICS—Free

Wednesday & Friday 11:15-11:45

YOGA

Wednesday & Friday 10:00-11:00

\$15 per month, punch pass, or \$3

ZUMBA

Friday 9:00-10:00

\$10 per month, punch pass, or \$3

EXERCISE ROOM

Open for use daily—\$5 per month or \$1 per visit. Treadmill, Recumbent Bike, Hand & Leg Weights, Weight Machine

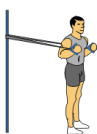
Total Fitness Pass—\$30 per month—unlimited classes & use of the exercise room.

The Exercise Room is FREE for those who have the Silver Sneaker program with their insurance provider. See the front desk.

U of U Exercise & Sports Volunteer Students

A new group of U of U Exercise & Sports Students will be at the Center every **Tuesday & Thursday** starting September 2 **and the time will change to 12:00-1:30**. The students can help you improve your fitness levels, increase your endurance, balance, and stretching abilities. This program has become one of our most popular classes as participants enjoy improving their fitness skills and their general

knowledge about fitness. The students also offer one-on-one-help, sign up for that service in the exercise room.



Recently the Center added an additional exercise to the exercise room with a wall mount for resistance band exercises. The Center would like to invite everyone to take advantage of this new equipment. The U of U stu-

dents will be available on Tuesday and Thursday to demonstrate how to incorporate the bands into your exercise routine.

Research has shown aerobic exercise to be beneficial in preventing and managing heart disease, improving brain health, helping to manage chronic health conditions, controlling weight and fighting obesity, enhancing strength and endurance for daily activities.

Total Fitness Pass

Total Fitness Pass—for \$30, you can purchase a monthly total fitness pass that allows you to participate in any exercise class offered at the Heritage Center plus the exercise room for an entire month. This is a great option if you are attending at least two classes a month. See the front desk if you have questions about payment options for exercise classes.



Did you know the Exercise Room is FREE if your insurance offers the Silver Sneaker Fitness program? Give your Silver Sneaker card number to the front desk and use the room as much as you like! The Center is then reimbursed by your insurance company.

Smith's Every time you swipe your card at Smith's, the Heritage Center will earn money through the **Smith's Community Rewards Program**, IF, you link your rewards card to the Heritage Center. To enroll in the Community Rewards Program, go to **smithsfoodanddrug.com** and register your card with the Heritage Center. You need a rewards card and email address to make this happen. Instruction sheets are available at the front desk.

Pen Pals Wanted

The 2014-15 Pen Pal program is about to begin (October). The Center is in need of approximately 30 Senior Pen Pals who would like to write a letter once a month (Oct-May) to a 5th grade student at a local elementary school. At the end of the school year, a party is held and you have the opportunity to meet your Pen Pal. Your letter to the students is dropped off at the front desk and then two weeks later you come by the front desk to pick up your reply from the student. Letter writing is a disappearing activity and it is a fun way to bridge the generation gap. Sign the interest sheet at the front desk if you would like to be a Pen Pal.

Sell at the Boutique

Crafters who would like to sell at the Winter Boutique (December 8) can reserve a table on Monday, September 22 at 8:00. The cost is \$30 a table and tables are limited to the first 13 who sign up and pay (one table per vendor). If you desire a specific table you must come into the Center to reserve your spot. All proceeds from the sales will be yours to keep. Donation of handmade items are currently being requested for the Heritage Center table (new items only please).

Medicare Counseling Available September 16 and October 21

At 12:00 noon on **Tuesday, Sept. 16 at 12:00** and **Tuesday, October 21** Vickie Nelson, will be available at the Center for Medicare Counseling. As a SHIP counselor her job is to help clear up the confusion about where to apply for Medicare, help you understand your Medicare choices, and help you understand what to do if you have other insurance. Vicki is also available to help guide the Open Enrollment process at the end of the year, and if you are new to Medicare, she can help you through the enrollment process. This is a free class. Sign up now. In addition, there are programs available, if you meet financial criteria, to help with the cost of your prescription drugs. Vickie or your local SHIP office can help you apply for these programs. If you need immediate assistance, your local Medicare counselors are a phone call away at 385-468-3200.

Welcome Occupational Therapy Intern

Welcome Kristine Barrios, a third year student in the Masters of Occupational Therapy Program at the University of Utah. She will be spending 5 hours a week at the Heritage Center from September through November. She will be looking for opportunities to help individuals and groups at the Center improve their health, well-being, and safety through Occupational Therapy. She will be presenting classes on occupational therapy and working with you on ways to help you stay independent and active. Kristine grew up just south of Murray in Lindon, Utah and loves it here. She is married to Placido, and lives with their dog, named Piper. She enjoys reading, hiking, swimming, camping, horseback riding, sunshine, and good food. She is excited and looking forward to meeting and getting to know so many of you over the coming months. Welcome Kristine.



Veterans Wanted for a Special Project

The Center and Murray High School students will be working together to tell the stories of our Center's Veterans. This is a great opportunity for our Veterans to share their stories with some really outstanding Murray High School students. If you are a Veteran, all you need to do is sign up at the front desk, and let us know that you are interested in working with a high school student. The high school students will do all the hard work. The Veterans will meet with the students several times during September – October. Times will be set up at the convenience of our Veterans. Students will write the Veteran's stories, and present them at our annual Veteran's Day celebration. We are looking for any Veterans from World War II, Korea, and Viet Nam. This will be a really great opportunity for both students and Veterans. Sign up now. This is a free experience for our Veterans.

Center Trips



...Travel with friends



Friday, Sept. 5 - 11:00 Greek Festival

The Center bus will travel to the Greek Festival in downtown Salt Lake on **Friday, September 5**, departing at **11:00**. The bus will return for your ride back to the Center at 2:00. The cost of the trip is **\$5** and includes transportation and entry into the Festival. You may sign up now for this trip.

You will step off the bus on the corner of the Greek Orthodox Church where crafts, dance, music, food and tours will be available for your enjoyment. Lunch will be on your own.

Thursday, Sept. 25 - 11:30 Brighton & Silver Lake

The Center bus will leave **Thursday, September 25** at **11:30** to travel up Big Cottonwood Canyon to Brighton. Cost for this trip is **\$7** and includes a picnic lunch. Sign ups begin September 10.

Since pioneer days, young and old alike have enjoyed visiting Brighton. Enjoy a picnic lunch and a stroll around beautiful Silver Lake to preview the fall colors. Watch for the locals; deer, moose, marmots and the fat little Uintah ground squirrels called "potguts." When the pioneers settled into the Salt Lake Valley, they hitched their wagons and came up to Brighton to enjoy the cool mountain air and to hold picnics and celebrations. Brighton summers and falls are still that way - easy and laid back.

Thursday, Oct. 9 - 8:30 Wendover

Travel to Wendover on **Thursday, October 9**, and enjoy a day at the Rainbow Casino. A chartered bus has been scheduled for the trip and the cost is **\$17** per person and includes transportation, a bonus package from the casino, a buffet luncheon, and free bingo on the bus. Depart the Center at 8:30 am and return at approximately 7:00 pm. You may sign up for this trip now.

Tuesday, Oct. 21 - 10:00 Antelope Island State Park

Antelope Island State Park, the largest island in the Great Salt Lake, is home to a free roaming herd of about 500 bison. Pronghorn, deer and bighorn sheep also share the rangelands that overlook the desert lake. The visitor center offers information on the island's unique biology, geology and history.

The world famous bison roundup takes place October 24-26. Volunteer wranglers will saddle up and move the Park's herd of bison from the southern tip of the island to the bison corrals on the northern end of the island.

The Heritage Center bus will depart at 10:00 AM on **Tuesday, October 21** and return about 3:30 PM. Cost is **\$12** and includes a sack lunch. Sign up beginning October 8 for this trip.

Tuesday, Sept. 16 - 10:00 Ogden Front Runner Train

For this unique trip, we will be taking the Front Runner commuter rail train to Ogden's Historic Union Station on a museum and lunch tour. The Union Train Depot, which turned 90 years old in 2014, houses the Union Grill Restaurant, where you are free to dine on your own, and four classic museums. Your trip includes entry to all four museums; Utah State Railroad Museum, John M. Browning Firearms Museum, Browning-Kimball Classic Car Museum and the Utah Cowboy & Western Heritage Museum. You can also explore Historic 25th Street's shops and restaurants. This trip will require walking to and from station and museums.

The Heritage Bus will take you to the Murray UTA Front Runner stop at **10:00** and will pick you up again at 4:30 on **Tuesday, Sept. 16**. Cost of the trip is **\$10** which includes your Front Runner ticket and entry into all 4 museums. Sign up for this trip beginning September 2.

Thursday, Oct. 2 - 10:30 Fall Colors



The Fall Colors trip has become a favorite of the Heritage Center participants. With Fall just around the corner, mark your calendars for **Thursday, October 2**. We have chartered a bus which will leave the Center at **10:30 am** and return around **3:00 pm**. The cost is **\$28**. Sign up beginning September 17. We will travel through Provo Canyon to Sundance and continue on to Midway where we will enjoy lunch at the Soldier Hollow Grill, overlooking the beautiful Midway Valley. For lunch you will have a choice of Grilled chicken breast or a cheeseburger with green salad, potato salad, pasta salad, fruit salad, baked beans and a beverage. After lunch we will travel through Midway, into Heber City and down Parley's Canyon back to the Center. Don't miss this yearly excursion and the opportunity to enjoy a beautiful fall day and the fall color parade.

Volunteer Drivers needed

The Center received money from Murray City to purchase a new bus. The new 14 passenger mini bus will not require a driver to have a CDL license. We'll be looking for volunteers to drive our trips and pickup service to and from the Center sometime next year when we have the new vehicle. A defensive driving class, bus orientation, and medical physical will be required. If you are interested in joining this elite group of volunteers, see Susan.



OPEN LATE THURSDAY...OPEN LATE THURSDAY...OPEN LATE THURSDAY...OPEN LATE THURSDAY...OPEN

Thursday Evening: Heritage Center is Open Until 10:00 PM

The Heritage Center is open until 10:00 pm on Thursday evenings. Enjoy the computer lab, billiard room, exercise room, or dance to the music of Tony Summerhays. Scheduled programs listed below:

Evening Social Dance



Dance to the musical genius of Tony Summerhays each **Thursday night from 7:00-10:00 pm**. Cost of this activity is \$4 per person. Refreshments will be served during the break and door prizes will be given each week. Advanced registration is not required. Pay at the door.

Each dance is supported by a sponsoring agency which provides the refreshments and a door prize. In July and August our sponsors were

Village Inn Murray, Village Inn West Jordan, Chuck-A-Rama, and Tony Summerhays.

Remote Control Aircraft Club

The Ute Radio Control Association will meet at the Center on **Sept. 11 and Oct. 9 at 7:00 pm** to share flying stories, display member's aircraft, review upcoming activities, and discuss items related to the club's functions. Those interested in remote control flight of aircraft of any type, pilots of any skill level, please stop by. The club meets on the second Thursday of every month.

Jam Session



The Center sponsors a music "Jam" session for interested musicians on the **second Thursday** from **3:30-5:00**. Bring your instrument on **Thursday, Sept. 11** or **Oct. 9** and be ready to Jam!

September 2014

Heritage Center Menu

NO RESERVATIONS NEEDED unless it is a *special event

Lunch is served anytime between 11:30 – 12:30 — Prices range from \$2.00 - \$4.00

Pay and make your selection when you are ready to eat.

If the main entrée doesn't appeal, try a sandwich or salad option.

Monday	Tuesday	Wednesday	Thursday	Friday
1 Closed for Labor Day	2 SEAFOOD LASAGNA Green Salad, Breadstick Rainbow Fruit Cup	3 SHEPHERD'S PIE Broccoli Salad Birthday Cake & Ice Cream	4 CHICKEN PARMESAN Roasted Potatoes, Veggies Strawberry Chip Cookie	5 BARBOCOA SALAD Snowball Brownie
8 Open House Family Concert *Pork Ribs, Baked Beans, Slaw, Roll, Peach Cobbler Served 5-7 \$6 each or \$20 family of 4	9 MAPLE DIJON PORK CHOP Smashed Potatoes, Brussels Sprouts Pavlova	10 FIESTA LIME CHICKEN Cilantro Rice, Salad Cherry Limeade Cupcake	11 PATTY MELT Chips, Waldorf Salad Oreo Brownie	12 LEMON DILL SALMON Baked Potato, Broccoli Chocolate Turtle Cake
15 No Lunch	16 CHICKEN POT PIE Green Salad Lemon Crinkle Cookie	17 CHEESY GARLIC BROWN SUGAR PORK Roasted Potatoes, Veggies Butterscotch Blondie	18 CARMELIZED PORK Fried Rice, Veggies Banana Split Pie	19 PASTA BOLOGNESE Caesar Salad, Breadstick Kahlua Cake
22 No Lunch	23 PHILLY CHEESESTEAK Berry Salad Banana Pudding Cake	24 BLT SANDWICH Chips, Fruit Texas Sheet Cake	25 CHORIZO ROASTED CHICKEN Potatoes, Veggies Snickerdoodles	26 CALZONES Green Salad Berry Napoleon
29 No Lunch	30 CHEDDAR BACON TENDERS Pasta Salad Sundae			

October 2014

Heritage Center Menu

NO RESERVATIONS NEEDED unless it is a *special event

Lunch is served anytime between 11:30 – 12:30 — Prices range from \$2.00 - \$4.00

Pay and make your selection when you are ready to eat.

If the main entrée doesn't appeal, try a sandwich or salad option.

Monday	Tuesday	Wednesday	Thursday	Friday
		¹ CHICKEN MARSALA Egg Noodles, Zucchini Birthday Cake & Ice Cream	² TURKEY BURGERS Asian Slaw Frosted Sugar Cookie	³ CHICKEN FRIED STEAK Mashed Potatoes, Gravy, Veggies Orange Cream Cake
⁶ No Lunch	⁷ SAUSAGE STUFFED ZUCCHINI Green Salad Pecan Pie Bars	⁸ LEMON HERB CHICKEN Baked Potato, Apple Snickers Salad	⁹ MONGOLIAN BEEF Wontons, Veggies Squirrel Cake	¹⁰ BOURBON CHICKEN Rice, Peas Peach Cobbler
¹³ No Lunch	¹⁴ CHICKEN SPINACH ARTICHOKE PASTA Roasted Veggies Cinnamon Ginger Cookie	¹⁵ CARNITAS ENCHILADAS Tomatillo Salad Churros	¹⁶ HONEY HAM Cheesy Potatoes, Veggies Oreo Fluff	¹⁷ SHRIMP BOIL Potatoes, Corn Apple Toffee Blondie
²⁰ No Lunch	²¹ KOREAN BEEF RICE BOWL Veggies Blueberry Muffin Cake	²² PARMESAN CRUSTED PORK Roasted Potatoes, Carrots Tiramisu	²³ *OKTOBERFEST \$8 Advance Ticket Chicken or Bratwurst German Potato Salad Green Beans Soft Pretzel Black Forest Cake	²⁴ BEEF STROGANOFF Egg Noodles, Veggies French Toast Cupcake
²⁷ No Lunch	²⁸ SMOTHERED CHICKEN CASSEROLE Green Salad Pie	²⁹ FISH TACOS Chopped Salad Coconut Lime Cookies	³⁰ MUSHROOM SALISBURY STEAK Mashed Potatoes, Gravy, Veggies Blueberry Cobbler Cookie	³¹ HAPPY HALLOWEEN Boil & Bubble Soup Bat Wings Haunted Forest Green Salad Death by Chocolate Cake